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CURRENT SERIAL RECORDS

Canned Beef In Family Meals

The canned beef with natural juices now available through the U.S. Department of Agriculture's Food Distribution Program is prepared from boneless, lean beef--of good quality--U.S. cutter grade or higher. The lean beef is seasoned with salt and packed in 29 ounce cans. This product is fully cooked in its own juices and is ready to eat. It may be stored in any clean, cool, dry place. After opening cans, leftovers should be stored in the refrigerator in a covered container which may be the can itself.

The canned beef with natural juices may be sliced and heated or served cold. It slices easily when chilled in the refrigerator. To remove the chilled contents from the can, cut out the bottom as well as the top of the can and push meat through with the thumbs against the lid.

This tasty canned beef product is a high-quality, protein-rich food. It is an excellent source of iron and a good source of the B-vitamins. It can be used in a variety of main dishes to provide satisfying meals of high nutritive value.

The following recipes were developed by the Human Nutrition Research Division, Agricultural Research Service of the U. S. Department of Agriculture:

BEEF STEW

2 medium-sized onions, quartered
2 medium-sized carrots, diced
2 medium-sized potatoes, diced
1 cup celery, cut in 1-inch pieces
3 cups vegetable liquid
6 tablespoons flour
1/2 teaspoon salt
1 can beef with natural juices, diced

Boil vegetables until tender. Save the cooking liquid. If necessary, add water to make 3 cups liquid. Mix with the flour and salt. Cook until thickened, stirring constantly. Add the cubed beef and beef juices to the thickened liquid. Add the vegetables to the meat mixture; combine carefully. Makes 6 servings, 1-1/3 cups each.

BEEF PIE

Prepare beef stew using the recipe above. Pour stew into a baking pan and top with unbaked baking powder biscuits. Bake 40 to 45 minutes, or until biscuits are a golden brown, at 400°F. (hot oven).

BISCUITS

2 cups flour
3 tablespoons nonfat dry milk
2 teaspoons baking powder
3/4 teaspoon salt
1/3 cup shortening
About 3/4 cup water

Mix flour, nonfat dry milk, baking powder, and salt together. Cut in shortening until well blended. Slowly mix in water, using just enough to make dough that is soft but not sticky. Turn dough onto a lightly floured board and knead a few strokes. Roll or pat to 3/4-inch thickness. Cut with a biscuit cutter or cut into squares. Place on beef pie and bake as indicated above.

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MEAT SAUCE

1 medium onion, chopped
1 tablespoon fat from canned beef
1 can beef with natural juices, chopped
2/3 cup tomato paste
1-1/2 cups water
1 teaspoon sugar
1-1/2 teaspoons salt
1/4 teaspoon worcestershire sauce, if desired

Lightly brown onion in the fat. Add remaining ingredients and simmer for 1 hour or until thick. Serve over rice or spaghetti. Makes 6 servings, about 2/3 cup each.

BARB-B-Q BEEF

1/4 cup vinegar
3/4 cup water
1-1/2 cups catsup
1 large onion, chopped
1-1/2 teaspoons dry mustard
1 tablespoon brown sugar
1/2 teaspoon salt
1 can beef with natural juices (cut into 6 slices)

Combine all ingredients except the meat, simmer for 5 minutes. Place beef with natural juices in a baking pan; pour sauce over the meat and bake 40 minutes at 350°F. (moderate oven). This may be heated on top of the stove if oven space is not available. Makes 6 servings.

If preferred, meat may be chopped and added to the sauce. Serve Barb-B-Q with toasted buns, rice, or baked or mashed potato.

BEEF ROLL

1-1/2 cups flour
2 teaspoons baking powder
3/4 teaspoons salt
2 tablespoons nonfat dry milk
1/4 cup shortening
1/2 cup water
1 tablespoon onion, chopped
1/2 can beef with natural juices, chopped

Mix flour, baking powder, salt and dry milk together. Cut in shortening until well blended. Slowly mix in water, using just enough to make dough that is soft but not sticky. Turn dough onto a lightly floured board and knead a few strokes. Roll to 1/4-inch thickness. Mix the onion and beef with natural juices together; spread evenly over the dough. Roll like a jelly roll. Cut roll into six slices. Place cut side up on a greased baking pan and bake 20 minutes at 450°F. (hot oven). Serve with hot gravy. Makes 6 servings.

BEEF-NOODLE CASSEROLE

1/2 cup chopped green pepper, if desired
2 tablespoons chopped onion
1/4 cup beef fat (from canned beef with natural juices)
3 tablespoons flour
1/2 teaspoon salt
2-1/2 cups milk
1 can beef with natural juices, diced
3 cups cooked noodles

Cook green pepper and onion in the fat until vegetables are clear but not brown. Stir in flour and salt. Slowly add the milk mixture, stirring constantly until thickened. Add meat with natural juices and noodles to the sauce. Place in a greased baking dish and bake 40 minutes at 400°F. (hot oven). Makes 6 servings, 1-1/3 cups each.

This may be heated on top of the stove if oven space is not available.